

Speaker Role Description

Speakers give talks about their experiences of mental health stigma and discrimination.

Stigma often exists when people don't understand something. As a See Me Speaker you can help change behaviour by telling people all over Scotland what it is really like to have a mental health problem and how stigma and discrimination can affect lives.

Our Speakers are a vital part of the See Me movement, telling their own stories of mental health stigma, to assist in challenging people's attitudes and behaviours.

Recruitment:

A careful recruitment process is used to give potential volunteers the opportunity to consider the possible commitments of this role and explore the realities of being a speaker, before they decide if and how they want to go forward.

Stages of recruitment

1. Application form
2. Telephone or face to face meeting
3. Protecting Vulnerable Groups checks (PVG)
4. See Me and the volunteer work together to get their story down in writing and create a synopsis
5. Training and volunteer agreement

Training and support:

All our Speaker volunteers are required to attend a day's training. During this training, we'll provide top tips, talk about what you do and don't want to cover, practise giving talks and answering questions, and give you an understanding about See Me and our work. We also offer SAFEtalk, a 3 hour training session

designed to recognise when people may be in crisis and be able to signpost them appropriately.

At least once a year you will have a more formal contact with See Me staff to discuss how you feel the role is going.

A Protecting Vulnerable Group certificate is required for this role.

Process of giving a talk:

There are two main ways in which speakers are involved.

1. An organisation will contact See Me asking for someone with lived experience to do a talk
2. As part of a programme of work with an organisation, See Me will want someone to give a talk

Speakers will receive written information about the request before deciding whether they would like to proceed with it.

Volunteers are fully supported throughout this process and See Me staff can accompany Speakers to talks if required.

Time Commitment:

Talks will take place either during the day, or in the evening, and travel may be required. Where necessary, expenses will be paid by the inviting organisation, in line with See Me's expenses policy.

The nature of this role means that you could possibly only hear from organisations inviting you to speak a few times in a year, or you could be contacted more often. The amount of talks you give will also be up to you; depending on how busy you are and the time you have available. Either way we value your time, support and commitment.

There are also opportunities for you to arrange your own talks by directly contacting organisations. If you are planning to do this you must let us know in advance and provide us with details of the talk.

Location:

Talks could be held in a range of locations across your local area; it will be up to you how much you wish to travel and this will be discussed at interview.

What you could gain:

You'll be trained in public speaking and have the opportunity to practise this skill with a wide range of audiences. By being involved as a speaker you'll attend a variety of events and meet lots of new people. You'll also have the satisfaction of knowing that you are helping to change people's attitudes and behaviour towards people with mental health problems as part of our movement for change.

What sort of skills and experience are we looking for?

- Personal experience of stigma and discrimination related to mental health problems or experience by association – carer, family member or close friend.
- The confidence and ability to deal directly with organisations who want to book you, to agree payment of any expenses in line with our policy and to arrange all practical details about the talk in advance (venue, how you'll get there, who your audience is, whether you need any equipment provided and so on).
- You should feel comfortable talking about your experiences in front of groups of people
- Ability to communicate with different types of people
- Good organisational and time-keeping skills
- The ability to look back on your experiences – good and bad – without assigning blame or 'naming and shaming' people or organisations (this helps to avoid a sense of 'them and us')



- Willingness to travel to and from talks
- Be able to be contacted by phone and email and have regular and confidential access to the internet and an email account.
- Willingness to talk about See Me at a basic level.